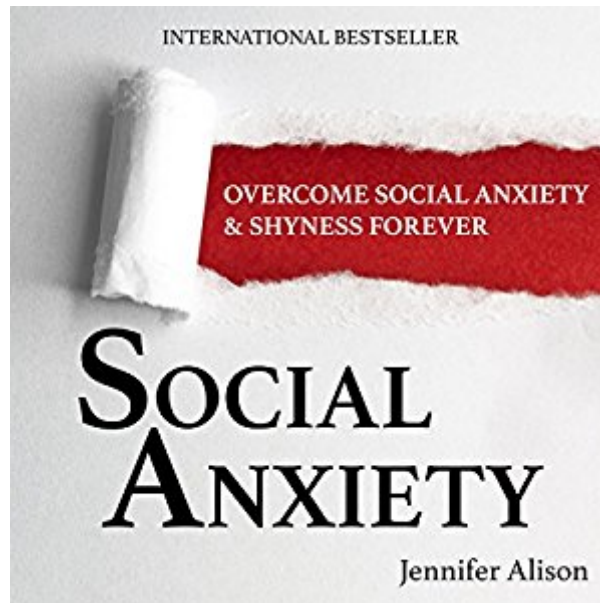




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# **Social Anxiety: Overcome Social Anxiety & Shyness Forever**



## Synopsis

Don't let low social anxiety hold you back in life - overcome it fast with easy practical steps. Jennifer Alison's Social Anxiety is a much-praised international best seller, thanks to its practical and easy to implement advice. No medical jargon, just straightforward advice and steps to rid yourself of social anxiety and shyness forever.

## Book Information

Audible Audio Edition

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Self-Help > Communication & Social Skills #1333 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

I think I don't look good, why do they dislike the pictures I post online? I can't just post anymore pictures, I can't go out with my girlfriend's, I can't speak before my friend's and I can't go for an interview. Have you ever been in such a situation? Panicking, fearing or procrastinating."Social anxiety: Overcome social anxiety and shyness forever" by Dr. Jennifer Allison is a must read to everyone in this generation to especially social media addicts. Dr. Jennifer logically outlines several ways to stay emotionally safe online and how to interact online, the causes, triggers and side effects of social anxiety. I love the way the author asked questions and answered them, created a personal feeling and an interactive book that anyone could relate with. The first time I read the book I felt the author was speaking to me. The book is pure reality written down as it is. The author's explanations of the causes, triggers and side effects of social anxiety swiftly cured my anxiety as I read through. No Doctor can cure the diseases associated with social anxiety but Dr. Allison's book was more than a psychiatrist, it was indeed a therapist that I could go to over and over again to seek for medication and help me reduce my struggles. The fact that social media hurts me and makes me so angry at times is no longer my thing. Social anxiety is purely different from what we used to face

back then before the internet age. Human beings no longer use the former verbal cues, they are becoming more and more hostile to each other. You can be at home with every member of your family but still don't communicate because everyone else is on his/her phone. The author is so brilliant and full of insights about fascinating ideas that will leave you mesmerized because it's what we go through without taking note such as Procrastination. I really love the book and would recommend it to everyone but especially those facing social anxiety on social media.

We live in a world where human being is less and less valued as a being with soul and individuality, and more and more, by looks, success, and other material things. It's no wonder then, that we tend to escape and hide behind electronic walls and barriers, seeking comfort and protection. However, that can bring false sense of security or, in my case, social laziness. I'm sure I'm not the only one who's issues and problems started like this. At first, I simply couldn't be bothered to go out, to hang out with friends. It was easier to watch TV, browse or play video games. However, as time went by, my situation became more complex. It was no longer an issue of finding strength or willingness to go out and socialize, but an issue of small, yet paralyzing, panic attacks creeping in, every time I need to speak with someone. Meeting new people was virtually impossible and I started cutting down and eliminating friends from my life. I've read several self-help books, I even visited psychiatrist, to no avail. Why? Because no one pointed out that the problem was me. Every book was protective and patronizing, and did mention one simple truth, I have to change. With guide from this book, I made a list of things that scare me (cause my anxiety and fear) and a list of manifestations of that fear. Once I put everything on paper, I realized that I have nothing to fear about. It became a lot easier after that. This is of course, trivializing the process, it took me long time to get there, but, as Jennifer Alison says, "Say no to social anxiety and start reclaiming your life now. You deserve it."

Forty million Americans are affected by anxiety disorder. This startling statistic launches Dr. Jennifer Alison's latest book. She goes on to say that since anxiety is a natural process associated with stressful events or major life changes, ALL of us will fight this demon to some extent at some point, or points, in our lives. In this book, the author points out that Social Anxiety is on the rise and manifests on a spectrum ranging from awkward feelings to panic attacks to depression, and she discusses how our current digital and social media lifestyle contributes substantially to this phenomenon. The edited, glossy versions we see in social media of the people we know make them seem successful, confident, well-liked and, well, just perfect. What an ah-ha

moment because most of us don't feel like WE are perfect. Enter: Social Anxiety. Thankfully, she exposes the digital world for what it is and provides real-world solutions. My favorite parts of this book focus around how to understand your anxiety becoming curious about it and redirecting it through self-inquiry. I love the questions she says to ask of yourself! In the book, Dr. Alison explores and challenges all sides of anxiety to include:

- Associated physical sensations
- Behavioral affects
- Related mental and emotional issues
- Causes and triggers
- Redirection behaviors

While this book specifically addresses Social Anxiety, the whys, wherefores and what-to-do-about-it can be used to battle ANY type of anxiety. So no matter where you are on the anxiety spectrum, this book is for you. Highly Recommended!!!

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